IN THE CLAIMS:

Please amend claims 1, 11, 14 and 22 as shown below, and add new independent claims 24 and 25. Please cancel claim 14 without prejudice or disclaimer. A copy of all pending claims and a status of the claims is provided below.

1. (Currently Amended) A gas opening/closing pin which opens and closes a gas inlet and outlet formed in a pipe holder which seals one end portion of a cylinder and moves the position of a piston in the cylinder, wherein comprising:

at least one streamlined recess portion which opens the gas inlet and outlet is formed on a side of the outer peripheral surface of the central portion of the gas opening/closing pin; and

one of an integrally formed washer-shaped boss body portion is formed at a lower end of the opening/closing pin,

wherein the streamlined recessed portion does not extend about the entire outer periphery of the central portion.

- 2.-4. (Cancelled)
- 5. (Previously Presented) A gas/opening closing pin according to claim 1, wherein the gas opening/closing pin is made of a metal.
 - 6. (Cancelled)
- 7. (Previously Presented) A gas/opening closing pin according to claim 1, wherein the gas opening/closing pin is made of a non-metal.

- 8.-10. (Cancelled)
- 11. (Currently Amended) A gas/opening closing pin according to claim 1, wherein the at least one streamlined recessed portion comprises a plurality of streamlined-shaped recesses.
 - 12.-13 (Cancelled)
 - 14. (Cancel)
 - 15-21. (Cancelled)
- 22. (Currently Amended) The gas opening/closing pin according to claim 1, wherein the at least one streamlined-recessed recess portion has an entirely closed circumference defined by a non-recessed portion of the outer peripheral surface.
 - 23. (Cancelled)
 - 24. (New) A gas opening/closing pin, comprising:

a pin body adapted to open and close a gas inlet of a pipe holder which seals one end portion of a cylinder and moves the position of a piston in the cylinder, the pin body having one or more longitudinal inwardly continuously contoured troughs formed in a side outer surface thereof; and

a catch feature defined as an integral washer-shaped boss formed on one end of the pin body.

25. (New) A height-regulating apparatus, comprising: an outer case;

a tube guide mounted along the interior of the outer case; and a spindle mounted within the tube guide, the spindle including:

a cylinder;

a piston sealingly mounted within the cylinder for movement along the cylinder, the piston dividing the cylinder into two chambers;

a pipe holder having a fluid inlet; and

a gas opening/closing pin mounted in the fluid inlet and adapted to prevent the flow of pressurized fluid between the two chambers when in first positions and allow the flow of pressurized fluid between the two chambers when in second positions, the gas opening/closing pin including:

a pin body having one or more longitudinal inwardly continuously contoured troughs formed in a side outer surface thereof; and

a catch feature defined as an integral washer-shaped boss formed on one end of the pin body.